

Seaweed: Gift from the Sea 海藻：健康百分百

Need a quick **pick-me-up**? Want to **rid** your body of harmful toxins? **Reach for** the seaweed. Studies show that the green and brown substance from the sea is high in **nutrients**, low in calories, a great **detoxifier**, and great as an **all-around tonic** that's sure to make you feel better.

需要快速提神饮料吗？想要清除体内毒素吗？试试看海藻吧！研究指出海洋里这种绿褐色物质营养成分高、热量低，是绝佳的解毒剂、万能的补药，绝对可以强化你的身心。

The reason why seaweed is so good for you lies in its origin. The sea is not farmed, so seaweed has more minerals. As it floats in the sea, seaweed is able to accumulate all sorts of minerals.

海藻之所以有这么多好处主要在于它的起源。大海里没有养殖行为，所以海藻拥有更多的矿物质。当海藻漂浮在大海中时，它能够累积各式各样的矿物质。

If you doubt the benefits of seaweed, just ask the longest-living people on earth – the **residents** of [Okinawa](#), Japan, who **happen to** be big consumers of seaweed. Their **cholesterol** and blood pressure are low, their skin **glowing**, and their hair shiny. Seaweed also keeps their bodies free of harmful toxins like lead, which are found in cigarette smoke and the air. As if that weren't enough, seaweed may also be a factor in the lower rate of breast cancer in Japan.

如果你怀疑海藻的功能，你只要问问地球上最长寿的人——日本琉球的居民便知道了，碰巧他们常常食用海藻。他们的胆固醇和血压都低，皮肤发亮，而且头发闪闪动人。海藻同时也使琉球的居民免于受到有害毒素（如铅等）的危害，铅这种物质存在于香烟散发出来的烟和空气当中。如果这样还不够的话，日本人较少罹患乳癌，原因之一可能是他们常常食用海藻。

Seaweed-based drinks and soups are also consumed in Ireland and the Caribbean as a pick-me-up or after an illness. And some claim it is a **hangover cure**. So if you want to live a long and healthy life, the sea might just hold the **fountain** of youth.

在爱尔兰和加勒比海一带常常喝藻汤，当作提神饮料或者病后补方。同时，也有人宣称海藻可以解宿醉。所以，如果你想要健康、长寿的话，大海可能就是青春之泉。

—by Joe Henley

Vocabulary

nutrient [ˈnjuːtriənt] n. 营养物，滋养物

resident [ˈrezɪdənt] n. 居民

cholesterol [kəˈlestəˌrɒl] n. 胆固醇

More Information

pick-me-up: [ˈpɪkmi,ʌp] n. 【口】提神的饮食；兴奋剂 something that cheers a person up, makes him happy or gives him more energy

rid [rɪd] v. 使免除；使摆脱；从……清除

reach for 伸手拿(东西)

detoxifier [di ˈtɒksɪ,fəɪə] n. 解毒剂

all-around: [ˈɔlə ˈraʊnd] adj. 全能的；全面的 comprehensive in extent or depth

tonic [ˈtɒnɪk] n. 补药

happen to 碰巧

hangover [ˈhæŋ,ovə] n. 【口】宿醉

fountain [ˈfaʊntɪn] n. 泉水；喷泉

glow [ɡloʊ] v. 容光焕发

cure [kjʊr] n. 疗法；药